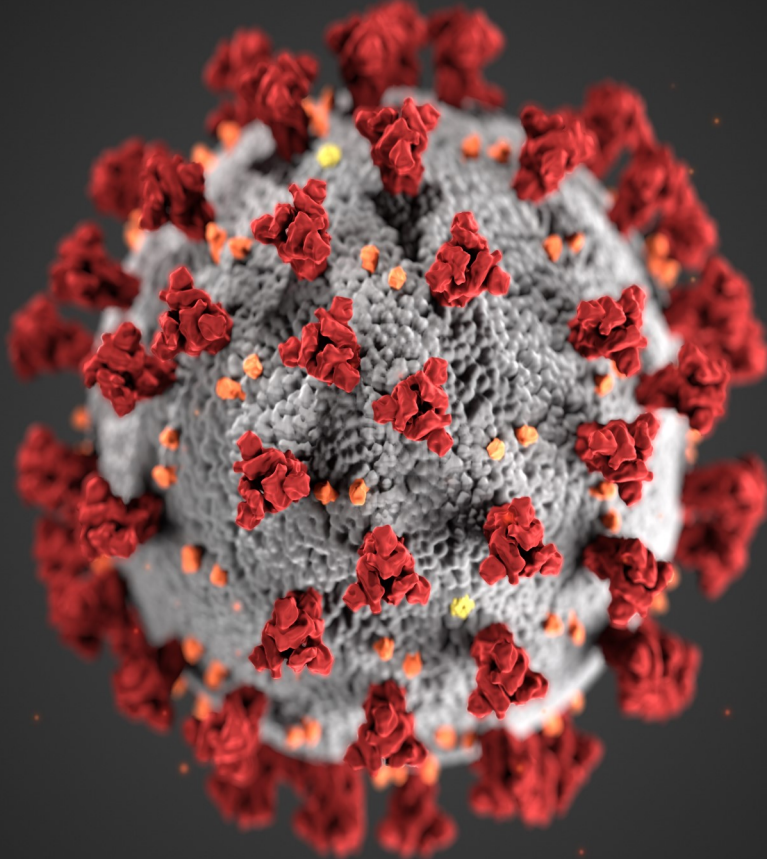


FLOW

SUMMER 2020



NAVIGATING

THE NEW NORMAL

COVID-19 Ushers in New Era at Bowie State University

THE LIFESTYLE MAGAZINE FOR URBAN MILLENNIALS

FLOW

COVID-19 Special Report

This lifestyle magazine for urban millennials was produced by Print Journalism students in the Spring 2020 Advanced News Writing course at Bowie State University in Bowie, Maryland. Students generated story ideas, reported and wrote all of the articles in this special report while under a statewide stay-at-home order due to the coronavirus pandemic.

Contributing Writers

Jahlen Beverley

Ryan Friend

Brianna Miles

Kevin Parrish Jr.

Joshua Pittman

Special Contributor

Brittany N. Gaddy

Editor-In-Chief, The Spectrum Student News Site, Bowie State University

Dr. Karima A. Haynes

Editor and Art Director

Coordinator, Print Journalism Program

Department of Communications

Dr. Otis Thomas, Chair

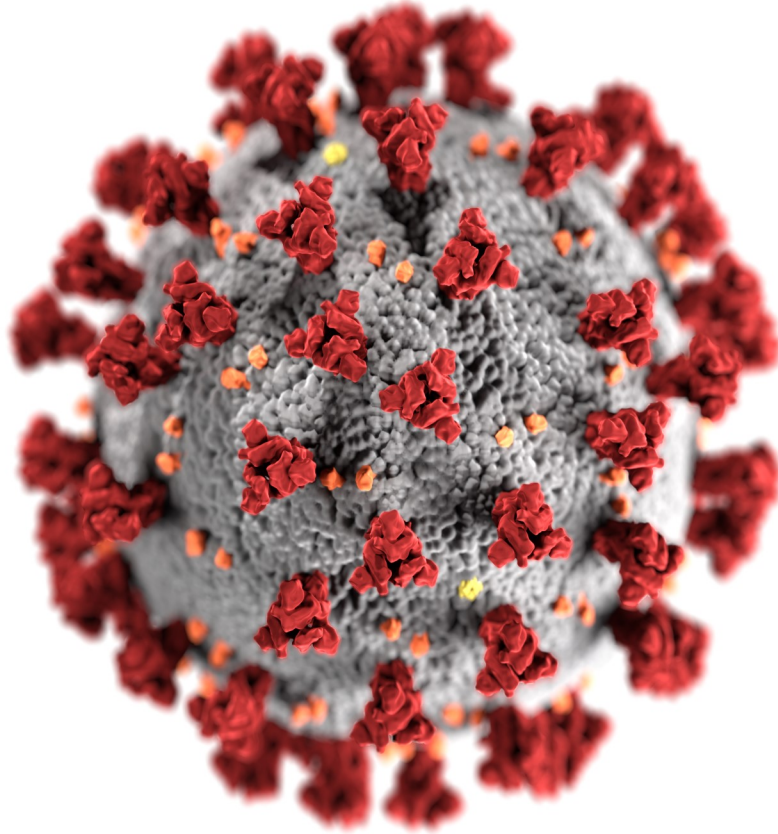
All photos and graphics courtesy of Centers for Disease Control and Prevention and the Ad Council unless otherwise credited.

flow/flo/:

v. intr.

1 glide along as a stream. 2 gush out; spring; be spilled. 3 a rapper's ability to vocalize a rhythmic yet complex string of rhymes that fit together in a logical and seamless manner. 4 move smoothly. 5 hang easily or gracefully. 6 circulate. 7 a rhyme that isn't considered just poetry or just a flow, but a mixed version of both. In a way, a poem that can be rapped.

Contents



COVID-19: Special Report

6 **BSU Prepares for the Coronavirus Pandemic**

By Brianna Miles

10 **Food Pantry Eases Hunger Pangs**

By Brianna Miles

Be Bold

16 **ESSAY: Graduating into the New Normal**

By Brittany N. Gaddy

Be Well

20 **Taking Care of Yourself in Troubled Times**

By Brianna Miles

Be Safe

22 **Pandemic Upends NBA Season**

By Jahlen Beverley

26 **Coronavirus Sends Athletes to the Sidelines**

By Ryan Friend

28 **Head Games: Concussions May Keep Players Off the Field**

By Joshua Pittman

Be You

30 **Should College Athletes Get Paid?**

By Kevin Parrish Jr.

BOLD IMPACT

Solomon Keliojor
Business Information Systems Major



BOLD COMMUNICATIONS

Jessica Sherman
Aspiring Journalist





Food Security: BSU food pantry supports students' nutritional needs during pandemic. Photo courtesy Bowie State University

BSU Prepares for the Coronavirus Pandemic

What should students, faculty and staff do to stay safe?

Editor's note: This article was written in early March 2020 at the onset of reported COVID-19 cases in Prince George's County, Maryland.

BY BRIANNA MILES

Due to the recent outbreak of the coronavirus that has hit the nation, college campuses are taking careful precautions to make sure their students are aware of the virus and how to protect themselves from contracting COVID-19, the disease caused by the virus.

Bowie State University has sent letters to students with recent updates on cases in the country as well as resources available on campus. There have been only 14 confirmed cases in the United States and there are no confirmed cases in Maryland at the time of this writing.

The Henry Wise Wellness Center is monitoring the outbreak of respiratory illness caused by the virus. Since COVID-19 has similar symptoms to a common cold, it is very important for students to keep an eye out for symptoms because infected individuals seem to experience a worsening of symptoms eight days after infection.

COVID-19 is known to spread from person to person through respiratory droplets, so it is important to avoid contact with sick people, avoid contact with animals, markets with animals or products from animals, cough hygiene,

and most importantly to wash your hands with soap and water for 20 seconds and to use hand sanitizer products, according to public health officials.

The Centers for Disease Control and Prevention is prohibiting travel to mainland China and South Korea and advising travelers to take precautions when traveling to Japan, Iran and Italy. Faculty and students are required to obtain approval from the office of the provost at Bowie State University for proposed travel to China and South Korea.

The university has announced that if staff or students have traveled to countries such as China, Japan or Iran in the past 14 days and are experiencing any symptoms of fever, cough or shortness of breath to seek medical attention immediately.

Keeping potential sick patients away from students is the main priority in keeping the campus safe from the virus, so if faculty and staff members have recently traveled out the country they are required to also take two weeks off to make sure they did not contract the coronavirus.

Bowie State recommends reconsidering travel to countries with increasing cases of COVID-19. It is important to keep in mind that those at the greatest risk are people with weak immune systems, over 60 years old and those with chronic medical conditions.

University health officials understand that this is a tough time for everyone, but they encourage students and staff to remain calm, practice respiratory hygiene, wash hands and avoid touching the face.

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.



cdc.gov/coronavirus

316159-A March 25, 2020 8:00 AM

**We may be keeping our distance,
but we are in this together.**



Stay Calm.



Stay Connected.



Stay Active.

#AloneTogether



Go to [AloneTogether.com](https://www.alonetogether.com) for ways
to take care of yourself and others.

Let's not

Party

Meet up

Bro-hug

Defy

Let's

Stay put

Binge watch

Video-happy-hour

Save lives

Visit [coronavirus.gov](https://www.cdc.gov/coronavirus) for the latest tips and information from the CDC.

#AloneTogether

TOGETHER, WE CAN HELP SLOW THE SPREAD.





Students shop for groceries, toiletries and non-perishable food items (above and right) at newly opened food pantry and nutrition lounge. Photos courtesy Bowie State University

Food Pantry Eases Hunger Pangs

BSU-Food Lion Partnership Offers Nourishment for the Body and Mind

BY BRIANNA MILES

Bowie State University recently partnered with Food Lion to provide a nutrition lounge for students in need of toiletries, non-perishable items, or just a place to study, the nutrition lounge is the perfect place. The lounge provides free, healthy foods and personal care items for students. Students are able to use this relaxing space Monday-Friday, 10 a.m.- 2 p.m., in the Thurgood Marshall Library, ground floor near the front entrance elevator.

The university is committed to combating hunger on campus. There are many cases on college campuses where students are experiencing hunger and there is a need for food for homeless students in particular. Bowie State’s director of the Henry Wise Student Health & Wellness Center Dr. Rita Wutoh applied for the Food Lion grant to receive funding for Bowie’s nutrition lounge. Bowie State University received a \$10,000 grant last summer to support the project.

Food insecurity is a touchy subject for college students, organizers said, due to the fear of being judged. Resident assistants at Bowie State were made aware of this and suggested that the new nutrition

lounge would be centered in the middle of campus so that students can pick up their items without having to be questioned or stopped by a receptionist in the wellness center. The lounge would be more of a space for students to feel comfortable.

The nutrition lounge comes with a seating area to study and to microwave food, which is a good place for commuters. Bowie State has extended its efforts to improve students’ food security with its new food pantry. Since its grand opening, there has been a flood of students who have taken advantage of this generous act. There has been a total of 80 to 90 students a day who have visited the food lounge, which has caused a high demand for products.

Food Lion has reached out its hand once again and given Bowie State a \$500 gift card, which will provide more non-perishable items and toiletries for students. In the future, Bowie State University is considering a partnership with the Capital Area Food Bank, which is based in Washington. Capital Area Food Bank will access free fresh produce, baked goods and meatless items, which will provide versatility for vegan students.

The nutrition lounge will potentially host workshops, which will involve meal prep, food tastings and demonstrations so that students are aware of healthier food options and how to prepare them. For more information on how to donate food visit:

<https://bowiestate.edu/campus-life/health-and-wellness/henry-wise-wellness-center/food-pantry.php>.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Clean and disinfect frequently touched objects and surfaces.



cdc.gov/COVID19

HUNGER CAN BE HARD TO RECOGNIZE. BECAUSE THE
1 IN 8 AMERICANS FACING IT CAN LOOK LIKE
ANYONE. ESPECIALLY ME. I AM THE 15-YEAR-OLD
GIRL WHO GOES FOR WALKS OVER LUNCH SO MY
FRIENDS WON'T KNOW I DON'T HAVE ANYTHING TO
EAT. I AM THE MOTHER WHO'S IN BETWEEN JOBS
AND SOMETIMES GOES TO BED HUNGRY SO MY KIDS
CAN HAVE DINNER. I AM THE 16-YEAR-OLD BOY
WHO GOT MY FIRST JOB NOT FOR EXTRA SPENDING
MONEY, BUT TO HELP FEED MY LITTLE SISTERS.
I AM THE RETIREE WHO FELL ILL AND HAD TO
CHOOSE BETWEEN GETTING MEDICINE OR GROCERIES.
I WAS CREATED BY ARTIFICIAL INTELLIGENCE FROM
PHOTOS OF THE 40 MILLION AMERICANS STRUGGLING
WITH HUNGER IN THIS COUNTRY. A FACE THAT
CHALLENGES YOU TO SEE HUNGER IN A DIFFERENT
LIGHT. I AM WHAT HUNGER LOOKS LIKE IN AMERICA.
LEARN MORE AT IAMHUNGERINAMERICA.ORG

Based on USDA food security data released in 2018





1 in 7 children faces hunger.

There's more than enough food in America for every child who struggles with hunger. Help get kids the food they need by supporting Feeding America, the nationwide network of food banks. Together, we can solve hunger™.

Join us at [FeedingAmerica.org](https://www.FeedingAmerica.org)



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

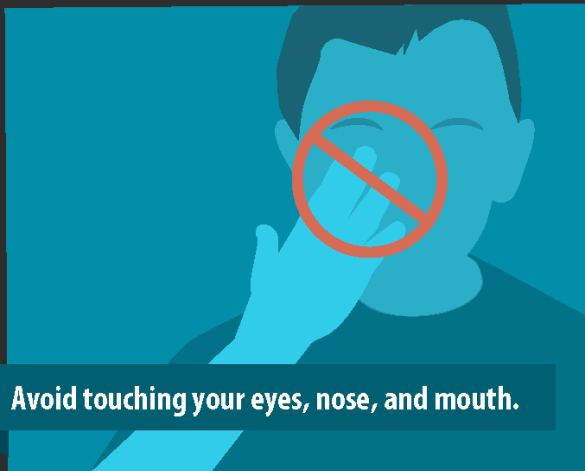
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19



**STAYING HOME
SAVES LIVES.**

CORONAVIRUS.GOV

ARTWORK BY THOMAS WIMBERLY / AMPLIFIER.ORG



Graduating into the New Normal

BY BRITTANY N. GADDY

Editor-in-Chief

The Spectrum Student News Site

When I left my dorm room for spring break, I expected to come back. But when I received the much anticipated email from Bowie State University about its plans for the rest of the semester, my fears were confirmed: The spring semester of my senior year would be continued virtually. I understood why the university took this action — the coronavirus outbreak had turned into a pandemic and the number of cases in Prince George’s County was increasing. If the school didn’t do anything, more people would become sick.

But my heart still sank as I thought about everything I would miss out on: graduation, organization events and final goodbyes to friends and professors. I also started to worry about how I would perform academically. I had only taken one online course in college, and it was difficult to re-create the classroom environment from the comfort of my room. So, I knew I would have to adapt to this new way of learning quickly. But it was more challenging than I thought. It was hard to gain the motivation to do my assignments. Constantly hearing about COVID-19 on the news and social media was overwhelming. It made focusing on school work more challenging. But as a senior, I still wanted to be involved at Bowie State as much as I could. So, I continued to actively participate in organizations. It was draining. I felt like there was so much to worry about.

One of those worries was graduate school. I wondered what my first semester of graduate school for journalism would be like. I knew there was a possibility my courses would be online. And if my classes were online, how could I learn to be an exceptional journalist through my laptop? Would I gain the necessary real-world experience that students before me were afforded? Would I be able to make effective connections with my professors and classmates? Would I be graduating and entering the job market during a failing economy?

These fears, along with the fear that my family and friends could become sick and my challenge to adapt to a virtual learning environment, often made me feel dejected. And it didn’t help whenever someone asked me for updates about graduation. Before the pandemic, I was so excited to walk across the stage and receive my degree. But now there will not be a traditional ceremony. Rather, our graduation ceremony will be held virtually on June 26. Even though this change was necessary, it still hurt to know graduation will not be how I had always imagined it.

It was comforting, however, to realize that I’m not alone. Graduating seniors across the country, and for that matter the world, share in my experiences. And I’m grateful for the conversations I’ve had with friends that have kept me encouraged. They reminded me that even though it doesn’t seem like it now, the world won’t be like this forever. This pandemic will only challenge us for the better and make us stronger.



*..... Class of 2020
Faces Triple Threats from
Pandemic, Recession and Racial Strife*



Photos courtesy Bowie State University

**THE BEST CANDIDATE
FOR THE JOB ISN'T ALWAYS
THE TYPICAL CANDIDATE.**



GRADS *of* LIFE
.org

**LEARN HOW TO FIND, TRAIN AND CULTIVATE
A GREAT POOL OF UNTAPPED TALENT.**



**TO FIND A GREAT CANDIDATE,
GIVE TRADITIONAL HIRING
PRACTICES THE DAY OFF.**



GRADS of LIFE
.org

**LEARN HOW TO FIND, TRAIN AND CULTIVATE
A GREAT POOL OF UNTAPPED TALENT.**

Taking Care of Yourself in Troubled Times

BY BRIANNA MILES

The coronavirus has challenged the lives of many Americans. The country recently went on lockdown, closing down nonessential jobs and facilities and only allowing for essential jobs to be open. Maryland Gov. Larry Hogan has enacted an emergency order in the state of Maryland to close all non-essential business across the state.

According to the Centers of Disease Control and Prevention, there are a total of 1.21 million confirmed cases, 160,000 recovered and 69,579 deaths in America as of this writing. Because of this, the government has enforced a stay-at-home order to slow the spread of the virus.

There is a new challenge that should also be considered, and that challenge is mental wellness. It is important to rest one's mind, body, and soul from stressors during these uncertain times.

Social isolation and loneliness, due to the coronavirus pandemic has caused an increase in depression and suicide. The CDC has found that stress during an infectious disease outbreak can increase the use of alcohol, tobacco or drugs, and the threat of contracting COVID-19 will cause people who suffer from mental health conditions to be affected as well.

The response to the pandemic has raised concern for individuals who have lost their jobs and college students who are forced to migrate to online classes for the remainder of the spring semester. This unexpected change has placed even more stress on students who do not have computers, printers, scanners or internet connection at their homes.

How has transferring to online classes affected you mentally or physically?

"I don't feel as motivated to complete my work as I do when I'm at school in an environment that is used to promote my productivity," said Maitay Cattouse, a junior at Lincoln University in Pennsylvania.

Deajah Pulliam, a junior at Bowie State University, agreed. "Honestly, the transition to online learning has been quite frustrating as communication lines are now cut short and some professors have been unable to utilize all of their resources."

Staying on task has also been a challenge for another college student. "It's been harder to stay on a strict schedule for classwork and final assignments since we are no longer in a school setting, which has

led to some anxiety," said Khardiye Willis, another junior at Lincoln University

College students may also find themselves battling distractions at home. Students returning home are faced with parents treating them like a child. This is very common, due to parents viewing their child as the same person who left for college. Students may run into situations of needing to check in or restricted to house rules, lack of personal space from overbearing parents or siblings, which can be stressful.

There is a way to find peace and balance in uncomfortable spaces and it starts with finding the silver lining through meditation, finding your voice, seeking therapy and by staying productive.

Meditation can ease the effects of depression and anxiety. Meditation is the process of training the mind to focus through breathing techniques. People use meditation to develop a sense of positivity, self-discipline and healthy sleep patterns. This can be a perfect way to start the day with a clear mind or end the day on a positive note right before bed. Meditation can be the escape that soothes insecurities or worries.

How to Meditate

Meditation has no time limit, but beginners should set aside 5 to 10 minutes each day. Here's how to get started:

- **Find a quiet place that's distraction-free.** This can be indoors or outdoors, whatever feels calm and quite to you.
- **Position your body.** Make sure that your body is stable and in a position that is comfortable for you. Remember you will be in that position for a while. You can sit with your legs crossed or you can kneel, whatever works for you.
- **Play soothing music.** Listening to soothing sounds can calm you in the process of meditating. Listening to Prabin Dangol's "Clear All Bad Energy & Mental Blockages" on Apple Music can be helpful.
- **Follow Your Breath.** Listen to your breathing by following the sensation of your breath as it goes in and out. In this space breathing in positivity and exhaling negativity can be good breathing methods.
- **Don't be hard on yourself.** When your mind starts to wander, your attention will leave the breath and wander to other places. When you get around to noticing that your mind has wandered,

in a few seconds simply return your attention to the breath. Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

- **Close on a positive note.** Gently open your eyes and take a moment to notice any sounds in the environment, notice how your body feels right now and notice your thoughts and emotions.

Do you feel lighter? Is your mind clearer? Did your anxiety clear? If so, then meditation can be your new relaxation technique.

Finding Your Voice

Journaling can be another form of therapy that can help you put the thoughts in your mind into words. There are no instructions for this, you are open to express yourself freely, whether it is through anger, positivity or creative writing. Finding a space to express yourself can make you aware of your feelings and where you are mentally. Seeing your thoughts on paper can also be an awakening for some to get professional help such as counseling, therapy or rehab.

Reaching out to campus counseling is the best way to get the help that you may need while in quarantine. Counselors at your institution understand that transitioning to online classes can be stressful and because faculty and staff are also in the same position, there is greater understanding and potential for bonding.

Bowie State University Students can schedule one-on-one sessions with counselors through telecounseling available Monday through Friday from 8 a.m. to 5 p.m. To get connected with a counselor, send an email to counselingservices@bowiestate.edu.

Visiting [wellness and counseling services](#) students are directed to anxiety screening, alcohol screening, family crisis center of Prince George's County, etc, to help assist you. If you or a loved one are at risk of suicide or suicidal thoughts it is important to remember that you are not alone, and that help is near. Call or text the suicide hotline at 1-800-273-8255 and visit suicidepreventionlifeline.org for more information.

Stay Productive

While in quarantine there are other ways that you can clear your mind and relieve your stress and that is through productivity. Distracting your mind and focusing it on creative activities like painting, binge-watching Netflix series, and movies are all great things to tackle besides being on your phone.

You never know, you may discover a new talent/skill that you didn't know was there. According to the American Congress of Rehabilitation Medicine, painting has scientifically shown to strengthen memory, problem-solving and motor skills. It can also provide stress relief and help to develop an optimistic attitude and promote emotional growth.

To prepare for the fall semester when some course may be conducted all or in part online, scheduling out your day/week is a great way to create a balance throughout the chaos that is happening around you.

Keeping up with online classes can take some getting used to, so keeping up with important deadlines for tests and assignments will allow you to stay on track of all of your classes.

Setting time aside to knock out homework assignments, lunch, and self-care will allow you to stay productive throughout the day when classes resume. Switching up your self-care and adding exercise is the best form of wellness not only for your mind but for your body as well. Exercise will sweat out the frustration of being indoors and confined to a computer screen.

Your mental and physical health will be tested during this time, but it is important to find the silver lining out of any obstacle you face.

Remember, "You have power over your mind, not outside events. Realize this, and you will find strength." - Marcus Aurelius

CORONAVIRUS DISEASE 2019 (COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms* can include

- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

[cdc.gov/COVID19-symptoms](https://www.cdc.gov/COVID19-symptoms)

314705.8 March 21, 2020 4:58 PM

STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

0161008 March 17, 2020 2:06 PM

Pandemic Upends NBA Season



League Seeks to Get Back on Track in July

BY JAHLEN BEVERLEY

Utah Jazz center Rudy Gobert sat at a table during a post-game news conference on March 9 answering questions from reporters about upcoming games and COVID-19, the disease caused by the novel coronavirus. When he got up to leave, he stretched and then proceeded to laugh and joke about the virus, touching all microphones and fake coughing in the air.

A week earlier, the NBA had sent a message to players and fans about ways to protect themselves from contracting COVID-19. At the time, the virus was full blown in China, but merely an emerging threat in the United States.

Soon it was clear that the disease was no laughing matter. While the NBA had been discussing scenarios such as playing games without fans in attendance to protect players, the hypothetical became a reality on March 11 when everything came to a stop.

There was a full slate of NBA games scheduled to be played, and there were some games actually being played, but all attention suddenly turned toward the Utah Jazz vs. Oklahoma City Thunder game. The teams had gone into the locker room and nobody could figure out what was going on until the bomb dropped that Gobert had become the first player in the NBA to test positive for COVID-19. This shocked not only the league as it

decided to suspend all games for the foreseeable future, but also everyone in the world as this became one of the first public figures to test positive for the disease.

On March 12, 2020, Gobert issued an apology via an Instagram post in which he said, “I want to thank everyone for the outpouring of concern and support over the last 24 hours. I have gone through so many emotions since learning of my diagnosis ...mostly fear, anxiety and embarrassment.

“The first and most important thing is I would like to publicly apologize to the people that I may have endangered. At the time, I had no idea I was even infected. I was careless and made no excuse. I hope my story serves as a warning and causes everyone to take this seriously. I will do whatever I can to support using my experience as a way to educate others and prevent the spread of this virus .

“I am under great care and will fully recover. Thank you again for all your support. I encourage everyone to take all of the steps to stay safe and healthy. Love.”

This sent fear all across the league and world as teams that had recently played against the Jazz and others — no one knowing exactly any specific information about how the virus was contracted or how to prevent its spread. This prompted many teams to go into self-

quarantine. After Gobert's teammate Donovan Mitchell also tested positive for COVID-19, the whole league was put on hold as every day more players contracted the disease, including most famously Kevin Durant, Marcus Smart, Christian Wood and many others that have chosen to remain anonymous.

After this, the league was sent into a frenzy, with everyone not knowing any details about when the league would resume playing games or would there be any exceptions. Los Angeles Lakers star LeBron James said in an interview that he would not be playing games without fans in attendance.

"We play games without the fans?... Nah, it's impossible," James told reporters. Many people speculated how long the league was willing to go without playing games and how that would affect players. James went on to say, "I ain't playing if I ain't got the fans in the crowd. That's who I play for, I play for my teammates, I play for the fans. That's what it's all about. If I show up to an arena and there are no fans in there, I ain't playing, They can do what they want to do."

NBA owners set a restart date for July 31 with all games to be played in Florida. The proposal was sent to the players union. Under the plan, the league's 22 teams would play eight games to determine the 16 teams that would advance to the playoffs, the New York Times reported.

There are many questions that need to be answered because the events that are occurring are unprecedented. Who would have an advantage with everyone not having a gym in their homes, and with social distancing going on athletes not being able to go outside or to gyms? Basketball is such a momentum sport, and with that being the case, would it be fair to pick up out of nowhere and resume playing? Who would have the upper hand? NBA players are doing many different activities during this break like interviews, Instagram live videos and other things to fill their time.

Something that is hugely impacted by the virus is the financial situation of all parties involved. There is so much money the NBA will lose if the season does not resume such as the television money, endorsement money, financials from actual games and promotions. With the league's collective bargaining agreement guaranteeing the players between 49 and 51 percent of the league's BRI each season there would be a hit of at least half of whatever the profit the league made this year going to the players. The better question to ask is whether players even want to resume playing with so many who seemingly have moved on to an off-season mindset of winding down, relaxing and enjoying their families.

In talking to two college basketball players Dexter Turner and Justin Milstead, both detailed how hard this process has been on them as fans. Turner said he was involved in a set routine where every night he came home he would eat with his family and watch whatever basketball game came so now he has to watch old games which are still entertaining but the outcome is already known.

See NBA on page 24



NBA from page 23

Milstead detailed how hard it was for him to continue working out and striving to achieve his dreams of making it to the NBA without his favorite players giving him the motivation and inspiration he needs.

The after-effects of the virus are shocking with the financial loss of the NBA well documented, but also what about the companies that are partnered with the NBA that expect revenue? The Washington Post estimated a projected loss of a billion dollars was expected for the NBA if the season does not resume.

ESPN already has gone through rough times with the cable sports network having laid off many workers during the offseason. On top of that, the network has been hugely impacted by the economic effects of the virus as well. Even so, it decided to air a Michael Jordan and Chicago Bulls documentary titled, “The Last Dance,” earlier than planned. This was the perfect time to air the 10-part documentary as pro basketball fans have gone weeks without games and the company is seeking much needed revenue. The documentary was aired through five weeks two parts each week. The documentary was a slam dunk with episodes three and four alone averaging 6.1 and 5.7 million viewers, respectively. The ratings were through the roof with the series’ rare behind-the-scenes stories of the iconic Chicago Bulls dynasty and the greatness, pressure and obstacles that the widely considered greatest basketball player to ever play dealt with.

ESPN also aired a horse competition featuring current and former NBA players Chris Paul, Trae Young, Zach Lavine, Chauncey Billups, Paul Pierce, and Michael Conley, as well as WNBA players Tamika Catchings and Allie Quickley. This gave the fans some

entertainment. Sports companies still go with their regular scheduled program sports shows live streaming everything from their homes, but instead of having their usual setup, instead, they’re all on split screens with the moderator in the middle as usual, and the two debaters on the different sides.

For example, Skip and Shannon’s show “Undisputed” has moderator Jenny Taft on the middle screen, with Shannon on the left side as usual with LeBron jerseys hanging in the background, and Skip on the right side with Dallas Cowboys, Oklahoma Sooners, Los Angeles Dodgers and Vanderbilt university hats in his background.

In an interview with USA Today and Lakers insider Mark Medina, NBA leader LeBron James said he doesn't think he would have closure if not given the opportunity to finish the season but also doesn't feel like games can go back right away to being played. USA Today's Mark Medina also interviewed The NBA leader of the players association Chris Paul in which he said, “it was crazy” as he detailed the events of the game the Thunder was about to play against the Jazz on the day the NBA postponed its season. Paul went on to say after talking to the league office officials that everything is a wait-and-see game right now, as player safety is the top priority with the league needing to meet with health officials to get their opinion on resuming play. Paul detailed how tough the virus has been on players, detailing him going home having to wait in his parked car in his driveway awaiting his virus test results and wanting to keep his family safe especially being that he is on the Oklahoma City Thunder team that was about to face the Utah Jazz.

There are tons of unanswered questions that likely will remain that way until public health officials can advise the league that it's OK for them to resume operations. Sports provide stability and entertainment in people's lives and a collective, if momentary, escapes from the pressures of daily living.





Coronavirus Sends Athletes to the Sidelines

BY RYAN FRIEND

The novel coronavirus has left college athletes around the world in an unfortunate and extremely difficult new environment in which they must adapt and succeed. Many athletes thrive in their tight schedule, which allows them to excel in whatever sport they have chosen to pursue. Campuses have provided the resources, equipment, coaching and many other things needed for college athletes to perfect their craft, but as the virus has begun to take athletes away from their normal routines many are beginning to cope in different ways.

Many college athletes were in the heat of training, preparing for the spring season when the coronavirus began to spread at an alarming rate, causing many athletic administrations and the NCAA to restrict college athletes from training in school facilities and eventually canceling the season in its entirety. With one decision, a college athlete's dreams and goals instantly have been put on hold. All the work and preparation that they put in will have to wait another year.

The NCAA is debating whether to give student athletes an extra year of eligibility to make up for their

season's cancellation, but with many on partial scholarships, the extra season may be too costly to continue their collegiate athletic careers. And other college athletes, for example basketball players who were eagerly preparing for their chance to compete in March Madness, that dream has been snatched from them due to the cancellation of the NCAA national championship tournament. This was the last chance for many to compete on a high level as they have no desire to become a pro player or in some cases the last chance players have to impress professional scouts and teams as they try and improve their draft stock. Men's basketball team captain Zac O'Dell, a senior at Swarthmore College, told reporters: "This was it for me — it's all over. I'll be playing in some local men's leagues."

These times are especially hard for college athletes because many of them thrive on daily routines that are most likely impossible to maintain during the pandemic. Those routines consisted of training regimens, dietary plans and building chemistry with their teammates for the season ahead.

Destany Shepard, a dancer at Towson University has tried to make best with what she and her team have available. She has converted her basement into a

small gym and practice area so she can stay in shape during the social distancing quarantine. She and her dancing team VIBE have begun to use online platforms like Zoom to stay connected and continue to build chemistry for their choreography. “Yes, I am disappointed but it’s out of my control and I just will work with what I got,” she said. Even while working out at home she has maintained her goals and has made progress towards her weight loss goal.

Now that all of that their seasons have either been taken away or made more difficult, these athletes may be having feelings of anger, pressure and anxiety. Ayanna Johnson, a transfer student from the North Carolina A&T State University outdoor track team where she struggled physically and mentally, was fully prepared to come into this outdoor season at Bowie State and do what she has loved to do. Since the novel coronavirus caused the season to be canceled, she has repeatedly thought to herself, “Why did this have to happen?”

“All of the blood, sweat and tears we all put in has gone down the drain,” she said. While her morale may have been down following the cancellation, she has been given time to reflect on how the events have transpired. “What is in store for not only me, but my teammates, and everyone else?” She found a renewed sense of optimism that she hopes everyone will see that this may be a setback, but there will be bigger and better things coming for her and her teammates.

Each sport and its athletes will have a unique response to the adversity facing them, some easier than others. For example, athletes that participate in sports such as golf, tennis, volleyball and football are all sports that an athlete would need special equipment and playing fields/arenas to train at their utmost capabilities. Because of the pandemic, these facilities are not readily made available to the athletes who need them in order for them not to diminish their skills.

For example, Mary Marquez, a member of the Notre Dame of Maryland University Gator women’s volleyball team, has just come off a season winning the CSAC championship and was looking forward to preparing with her team for next season. But due to the restrictions, it has only been possible for her to work on her cardio conditioning in isolation.

Spring sports such as basketball, baseball, lacrosse and softball all need other participants to be played at their regulation standards, which aren’t possible with the social distancing order in effect.

What has happened on campuses because of COVID-19 is unprecedented. Many of the athletes seem to be taking this in stride as they deal with the adversity surrounding them and try to stay ready to showcase their talents. For those who won’t get another chance they are thankful for the journey that athletics has given them. The virus may have taken away their games, but the determination and work ethic remain intact.



Photos courtesy Bowie State University

Head Games: Concussions May Keep Players Off the Field

By JOSHUA PITTMAN

DJ Turner, a University of Maryland wide receiver, suffered a concussion last year in one of the biggest games of his career vs. Penn State. Turner did a slant over the middle and saw the ball spiraling toward him over the middle. As Turner leaped into the air to catch it, he saw a Penn State safety coming towards him leading with their helmet and was hit. After the hit Turner had no idea where he was until after a couple of minutes of slow breathing.

The recovery process was about one month and was extremely painful, Turner said. He couldn't watch TV, be in a room with lights, or use his cell phone. Any type of bright light caused severe headaches and that the only way he made it through the process to play again was therapy and avoiding bright lights.

CTE, known as chronic traumatic encephalopathy, is a brain disease caused by multiple concussions or head trauma.

CTE develops over time due to many concussive hits over the course of an athlete's career, especially in the NFL. CTE has been a more serious issue in the NFL more than any other sport because the NFL is a collision sport and players are hit multiple times throughout a game. Half the players have minor concussions that are left alone or untreated, while the other half heal from diagnosed concussion's and continue to play.

CTE and the NFL have been battling each other for years. In 2013, the NFL reached a \$765 million agreement with 4,500 former NFL players for head trauma lawsuits. In 2016, the NFL had settled concussion lawsuits with 20,000 former players through a \$1 billion-payment, according to an article published on the website medium.com.

The New England Patriots require a lot from their players to win multiple championships within this past decade. Patriots players sacrifice their bodies day in and day out to remain the best team in the NFL each year and because of this Junior Seau and Aaron Hernandez suffered severely. These two are the most well-known NFL players diagnosed with CTE and to have also died from it.

Hernandez was an excellent football player who was charged with first-degree murder and sentenced to life in prison. While serving his sentence at maximum security prison in Massachusetts, Hernandez committed suicide on April 19, 2017. He was 27. An autopsy found in Hernandez's brain that he had suffered repetitive brain trauma for more than a decade and that led to him being diagnosed with CTE. Hernandez also had the most severe case of CTE ever discovered at a person his age, which would have affected his decision making, judgment and cognition, according to the Washington Post.



Similarly, Junior Seau, the former all-pro linebacker for the San Diego Chargers, committed suicide in May 2012, two years after his retirement. He was diagnosed with CTE after a doctor examined his brain posthumously and told his family it was the cause of a lot of head to head collisions throughout his 20-year NFL career, according to ESPN. The collisions Seau developed led to the deterioration of his brain and his ability to think logically, which led to his death, according to ESPN.

Seau's family had described drastic changes in the last few years of his life that included mood swings, depression, insomnia, forgetfulness and detachment, according to ESPN.com Seau shot himself in the heart and this tragedy shocked the nation and raised awareness of the seriousness of CTE.

Seau's death occurred during a time when the NFL was being sued by more than 4,500 former NFL players alleging that the league ignored and denied the link between football and brain damage. After a few years the NFL decided to disband a controversial committee on concussions that was established in 1994 under the NFL's former commissioner Paul Tagliabue, according to ESPN.Com.

CTE can't be diagnosed in living people, but only by examining brains that are removed during autopsy. CTE symptoms include paranoia, memory loss, confusion, impaired judgment, impulse control problems, aggression, depression, anxiety, suicidality, parkinsonism and dementia. All these symptoms are lethal and take make matters even worse there is no cure for CTE.

In 2017 Ann McKee, a neuropathologist at the New England veteran's administration medical center, conducted a study involving 111 former NFL players and 110 of them were diagnosed with CTE. McKee told the website medium.com that she believed that the players had sustained at least tens of thousands of sub-

concussive hits throughout their careers.

The public awareness of the brain disease has transitioned from the field to the silver screen. In the film, "Concussion" the plot centers on a couple of former NFL players who started acting strangely after retiring from football and later describes how they've been diagnosed with CTE and how it affected their brains. Bennet Omalu, a forensic pathologist and neuropathologist who was played by Will Smith in the film, was fighting against the NFL because they were trying to suppress his research on CTE. Omalu's main objective was to inform players of the true risks they take by playing.

Former Pittsburgh Steelers player Mike Webster suffered from depression and later died of a heart attack. The cause of death made no sense to Omalu, so he conducted an autopsy, examined Webster's brain and found CTE as the main cause of everything. The NFL initially tried to discredit Omalu's research based on how this could drastically affect their multibillion-dollar league, but eventually decided to make changes that focus on players' safety.

The NFL and college football have made several rule changes to focus on CTE and the safety of all football players. Both the NCAA and NFL have implemented the targeting rule, meaning no player can lead with the head to make a tackle because the result is mostly

helmet-to-helmet contact. Helmet-to-helmet contact is the fastest way to a concussion. Also, no player can hit a defenseless player in the back or the side, as this also leads to serious injury. The NFL and NCAA have also made concussion helmets that seemed to ease the impact of hits from time to time, but they don't prevent concussions.

The only way football players can prevent concussions is through form tackling, which is something all NFL and NCAA players learned in little league football. There are six steps in form tackling, according to the website Ducksters.com The first step is to always keep your head up and the second is to hit the player on the thigh pad with your helmet across the body. The third step is to keep your back straight and the fourth step is to wrap both arms around the player, preferably around the legs. The fifth step is to pull the player sharply towards you with your arms and the very last step is to lift and drive.

Football is a collision sport and no rule or equipment can change that. The impact between players is always going to make the sport of football a high risk. Since players always go for the big hit, concussions will remain inevitable.

Still some players, like Turner, the UMD wide receiver, said he is going to remain cautious throughout his football career to avoid CTE.



Photos courtesy Bowie State University

Should College Athletes Get Paid?

The NCAA is a money-making organization and COVID-19 will complicate collegiate sports even more

BY KEVIN PARRISH JR.

One of the biggest questions in college sports is whether the Nationally Collegiate Athletic Association (NCAA) should pay student-athletes, who not only juggle responsibilities of a full-time student academically, but also have to make time for practice, meetings, film sessions and games.

One reason for making such a move is the millions of dollars universities pocket off student-athletes' name, image and likeness, especially elite Division I level student-athletes who could potentially earn tens of thousands annually in revenue—if they were allowed to receive payment. Since the NCAA began in 1906, student-athletes have not been allowed to earn money off their name, image and likeness, according to NCAA.org.

The NCAA is a money-making organization and COVID-19 will complicate things even more, because the NCAA won't generate the same amount of profits they have had for decades. March Madness, the famous three-week Division I college basketball Tournament, was canceled due to the virus which cost the industry nearly \$1 billion dollars in revenue, according to Investopedia.com. It's an ongoing legal fight that could take years to change the system officially; however, that change seems to be in motion.

There are a couple of reasons the NCAA has been hesitant to pay college athletes: It would eliminate the line between amateur and professional sports. It would prioritize athleticism over academics. Equity issues over payment could arise. And Institutions would likely cut back on their other programs—the less popular sports.

"I don't understand why college athletes don't get paid because they bring university value," said Jordan Beslow, a sports management major at Bowie State University. "If a student can be a tutor for his university and get paid, why not an athlete too?"

The most recent example is former University of Duke star Zion Williamson, a player with hype similar to NBA superstar LeBron James, who came out of Saint Vincent Saint Mary's High School in 2002 as the No.1 player in the country.

A lot of people showed more interest in college basketball during the 2018-2019 season than the 2019-20 season because fans were interested in Williamson. Duke saw a massive spike in sold merchandise and the amount of interest in their televised basketball games. According to Michael Smith of sportsbusinessdaily.com, last season, Duke participated in the top three

most-viewed college basketball games on ESPN. Ticket costs for Duke games were an average of nearly \$330, which is the highest-priced resale ticket in college basketball. And even when Duke hit the road for away games, ticket prices were a shocking 200 percent over the average price.

Through social media, Williamson also made a difference for Duke, especially on Instagram. According to Adam Zagoria of Forbes.com: Duke gained 358,000 followers, which exceeds the total all-time following of all other college basketball accounts. They had more followers than all but two NHL teams—Blackhawks and Penguins. More than every MLB team except for five clubs—Yankees, Red Sox, Cubs, Dodgers and Giants. And more followers than 19 of the 32 NFL teams.

Williamson, however, did not receive any of the millions of dollars Duke generated off his star profile and performances, due to the NCAA rule of students-athletes not being allowed to profit off their name, image and likeness. According to Kelsey Trainor of FanSided.com, had the NCAA carried a similar player revenue share percentage as the National Basketball Association (NBA) during the 2018-19 season, Williamson could have had pocketed an estimated \$5 million dollars.

"I think it's ridiculous that he got no cut of the revenue he brought to Duke," said Jeff Siegel, the founder and editor-in-chief of Early Bird Rights. "He was a legal adult who was generating revenue for the university and should be compensated fairly."

The only way to discover the total amount of profit Williamson drove in for Duke, would be relatively easy to come up with, if access to all of Duke's finances for the last ten years was available for public consumption. Short of that, it's nothing that can be accurately stated.

Williamson played one year at Duke before entering the 2019 NBA Draft where the New Orleans Pelicans drafted him with the No. 1 overall pick. They signed him to a four-year contract with a maximum value of \$45 million, according to CNBC.com.

Williamson also signed a seven-year, \$75 million shoe deal with the Jordan Brand, the largest annual shoe deal for a rookie, according to ESPN.com. Then agreed to a seven-figure endorsement contract with Gatorade, according to forbes.com.

The pressure is mounting on the NCAA to allow student-athletes to earn profits off their name, image and likeness—now more than ever before. They have competition from pro leagues, which are now compensating top prospects directly out of high school. Projected lottery picks LaMelo Ball and R.J. Hampton both decided to forgo the college route to play profes-

sionally overseas for one year, where they received full — salaries and preparation for the 2020 NBA draft by playing against experienced professional athletes. With the 2020 NBA Draft months away, both players are currently projected as first-round picks.

Daishen Nix, the nation's No. 1 ranked high school point guard in the country, de-committed from the University of Central Los Angeles and joined the G-League on April 28. The 6-foot-5 inch guard from Fairbanks, Alaska, is expected to receive a deal around \$300,000, according to the New York Daily News. ESPN's 2021 Mock Draft has Nix projected to be selected in the first-round.

Jalen Green, the No.1 high school player in the country from the 2020 class, had offers from nearly every major Division I school from across the country. On April 16, however, he chose to start a new movement and join the G-League—the NBA's pro developmental league, according to ESPN.com. Green is expected to receive a sum payment of \$500,000 and play against experienced professionals, just at a lower level. Before entering the 2021 NBA Draft as a lottery pick. ESPN's 2021 Mock Draft has



Green projected as the No.2 over-all pick.

Isaiah Todd, the No.13 ranked high school player in the class of 2020, de-committed from the University of Michigan on April 17 to explore the pro route of playing in the G-League for a year, according to ESPN.com. The 18-year-old from Baltimore is expected to receive a salary of \$250,000 if he reached all the bonuses that are in his contract. ESPN 2021 Mock Draft also has Todd as a projected first-round pick.

“If the NCAA doesn't start paying athletes, they better prepare to watch more elite high

school prospects go overseas or into avenues like the G-League,” said David Carter, a mass communications student at Bowie State University.

In September 2019, California Gov. Gavin Newsom signed a bill that would allow college athletes in the state to earn compensation for the use of their likeness, sign endorsement deals and hire agents to represent them.

The NCAA announced April 29 its intention to start allowing athletes to profit off their name, image, and likeness beginning in 2021-22. They can also receive compensation for third-party endorsements and other areas like social media, personal businesses, and appearances, according to Bleacher Report.

“There are a lot of pros to paying college students,” said Ely Sussman, an associated editor at SB Nation. “Like helping athletes from low-income homes provide for their families and having them perform at their highest level thanks to the resources allowing them to eat and train properly. It will also improve the public image of the NCAA if they are treating athletes fairly instead of exploiting them.”



All NCAA logos via Creative Commons



[Coronavirus.org](https://www.coronavirus.org)

Artwork by Shepard Fairey | Amplifier.org

